

## CLAIMS

We claim:

- 5           1.       A method for automatic health monitoring comprising the steps of:  
providing a regularly accessed device;  
detecting a first access to said regularly accessed device;  
determining a time interval;  
detecting a second access to said regularly accessed device; and  
10           determining whether said second access is made within said time interval of said  
first access.
2.       The method of claim 1 wherein said regularly accessed device is a  
temperature controlled compartment.
- 15           3.       The method of claim 1 further comprising the step of:  
signaling, if said second access is not made within said time interval of said first  
access.
- 20           4.       The method of claim 3 wherein said step of signaling comprises the step of:  
sending a signal to a healthcare provider.
5.       The method of claim 4 wherein said step of sending comprises the step of:  
transmitting said signal via a computer network.

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6. The method of claim 1 further comprising the step of:  
providing a backup power source configured to power said regularly accessed device.

5 7. An automatic health monitoring system comprising:  
a regularly accessed device;  
an access detection unit configured to detect a first access to said regularly accessed device wherein said access detection unit is further configured to detect a second access to said regularly accessed device;  
10 a timer configured to monitor a time interval; and  
a determination unit configured to determine whether said second access is made within said time interval of said first access.

8. The automatic health monitoring system of claim 7 wherein said regularly  
15 accessed device is a temperature controlled compartment.

9. The automatic health monitoring system of claim 7 further comprising:  
a signal generator configured to signal, if said second access is not made within  
said time interval of said first access.

20 10. The automatic health monitoring system of claim 9 wherein said signal generator comprises:  
a transmitter configured to send a signal to a healthcare provider.

11. The automatic health monitoring system of claim 10 wherein said transmitter transmits said signal via a computer network.

5 12. The automatic health monitoring system of claim 7 further comprising:  
a backup power source configured to power said regularly accessed device.

13. A computer program product comprising:  
a computer usable medium having computer readable program code embodied therein configured to automatically monitor health, said computer program product  
10 comprising:  
computer readable code configured to cause a computer to interact with a regularly accessed device;  
computer readable code configured to cause a computer to detect a first access to said regularly accessed device;  
15 computer readable code configured to cause a computer to determine a time interval;  
computer readable code configured to cause a computer to detect a second access to said regularly accessed device; and  
computer readable code configured to cause a computer to determine whether said  
20 second access is made within said time interval of said first access.

14. The computer program product of claim 13 wherein said regularly accessed device is a temperature controlled compartment.

25 15. The computer program product of claim 13 further comprising:

computer readable code configured to cause a computer to signal, if said second access is not made within said time interval of said first access.

16. The computer program product of claim 15 wherein said computer  
5 readable code configured to cause a computer to signal comprises:

computer readable code configured to cause a computer to send a signal to a healthcare provider.

17. The computer program product of claim 16 wherein said computer  
10 readable code configured to cause a computer to send comprises:

computer readable code configured to cause a computer to transmit said signal via a computer network.

18. The computer program product of claim 13 further comprising:  
15 computer readable code configured to cause a computer to interact with a backup power source configured to power said regularly accessed device.

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